

Winter Yoga Schedule 2020



At Whimsy, 686 Worcester Rd., Framingham, MA 01702

Visit: www.theyogaleaf.com Call: 508-277-8989 Or Email sandra.yoga@comcast.net

Monday January 13th – March 30th (No Class 1/20 & 2/17)

9:15am – 10:30am Gentle Yoga - with Sandra
4:30pm – 5:45pm Gentle/Restorative Yoga – with Sandra
6:00pm – 7:15pm Gentle Yoga - with Sandra
7:30pm – 8:45pm All Level Yoga - with Sandra

Fee \$150 / 10wks / *Early Bird \$140 *Payment must be received by 12/14

Wednesday January 15th – April 1st (No Class 2/19)

9:15am – 10:30am All-level Yoga - with Sandra
10:45am – Noon Gentle Yoga – with Sandra
6:00pm – 7:15pm Gentle Yoga – (\$82 for new students only) with Eileen

Fee \$165 / 11wks / *Early Bird \$154 *Payment must be received by 12/14

*NEW 'All Level' CLASS with Eileen January 15th – April 1st (No Class 2/19)

Wednesday 7:30pm – 8:45pm
SPECIAL NEW CLASS FEE \$110/ 11wks

Friday January 17th – April 3rd (No Class 2/21)

9:15am – 10:30am All Level Yoga - with Sarah

Fee \$165 / 11wks / *Early Bird \$154 *Payment must be received by 12/14

Specialty Classes & Workshops

PRENATAL YOGA January 16th – March 26th

Thursday 6:00pm – 7:15pm – with Eileen (No Class 2/20)

Fee \$150 / 10wks / *Early Bird \$140 *Payment must be received by 12/14

Restorative Yoga / Yoga Nidra with Sandra **RSVP ONLY!!!!**

January 16th, February 6th, March 5th, Thursday 7:30pm – 9:00pm Fee per class \$20 / \$15 for currently enrolled students

Teacher Training Workshop:

'Teaching Gentle Yoga & the Restorative Practices' with Sandra

April 3rd 6:30pm–9pm, April 4th 9am–4:30pm, April 5th 10am–3pm

Fee \$275 / *Early Bird \$250 *Payment must be received by January 31st (**Offers 15 Contact Hours with Yoga Alliance**)

More Offerings: **YOGAREST FOR CHILDREN** (Relaxation Stories for Children)...www.yogarestforchildren.co

**'Yoga & the Chakra's
Day Retreat'
...with Sandra**

*Beat the winter blues by
restoring and replenishing
your energy! Together we
will explore the chakra's
through gentle yoga,
meditation, yoga nidra and
chakra chanting!!*

**February 22nd 2020
(Snow Date February 29th)**

9:30am – 4:30pm

at

Unity Farm Sanctuary,
Sherborn

Fee \$75

Offers 7 contact hours with
Yoga Alliance!

*(Bring a bagged lunch...tea,
coffee & snacks will be
provided!)*